

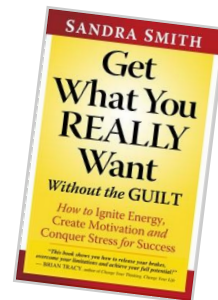
Managing Emotions and HANDLING PRESSURE

Learn the power of emotional control and how it can help you be more productive and less stressed out—no matter how much pressure you're under



Meet Your Speaker:

Sandra Smith is the president of Aspire Seminars and the author of the popular book *Get What You REALLY Want Without the Guilt*. She specializes in essential skills for career success. Her focus is how to develop vital job and career skills for greater job performance and job satisfaction. Thousands of Washington State-employed women and men have benefited professionally and personally by attending her seminars, workshops, and keynote events. To learn more, please visit her Web site at www.aspireseminars.com.



What You'll Learn When You Attend...

- Implement an easy, strategic process for developing "emotional self-control"
- Stay calm and focused during high-pressure periods
- Manage your stress when workplace changes happen
- Quit allowing your anger to damage relationships and affect your work
- Develop the self-control skills to deal with conflict and confrontation positively
- Stop wasting emotional energy by feeling hurt, guilty, inadequate, or worried
- Manage demanding work responsibilities

Client Comment

"Sandra Smith's workshops exceeded our expectations for success. She was the audience favorite!"

Teresa Herrera
Dept. of Social and Health Services

Register online at www.icsew.wa.gov

& EVENT DATE: Monday, November 30, 2009 &

FOUR EASY WAYS TO ENROLL

On-line: <http://www.icsew.wa.gov> (Training)

Phone: Genevieve O'Sullivan at (360) 725-9704

E-mail: Genevieve at icsew@sao.wa.gov

Or — Call Sandra Smith (the trainer) at (360) 539-9080

Cost

Just \$89 per person. We prefer payment for training be paid prior to the seminar. Cancellations must be made two days prior to the seminar. Substitutions will be accepted through the day of the event.

Seminar Location

Labor and Industries
7273 Linderson Way SW, Room S117
Tumwater, WA 98501-5414

Monday, November 30, 2009
9:00 a.m. – 12:00 p.m. OR 1:00 p.m. – 4:00 p.m.

Please mail check for seminar to:

Aspire Seminars
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Incorporated Tax ID# 91-2012795